


TRAINING CLASSES AND FEES FOR FALL 2006

TOPIC/TITLE	CCD NUMBER	FEES PER PERSON	PAGE NUMBER
General Interest			
 Renamed Building Blocks for Healthy Active Kids: Nutrition and Physical Activity (4 hours)	CCD0817	\$10.00	Page 17
 New Every Child Ready to Read (Varies)	CCD1520	\$10.00	Page 17
 Renamed Exploring Brain Development Part 1 - Every Teacher is a Brain Surgeon (4 hours)	CCD1400	\$10.00	Page 18
Fit Kidz II: Preschoolers on the Move (4 hours)	CCD0815	\$10.00	Page 18
 New How Children Learn (3 hours)	CCD1405	\$10.00	Page 19
Mother Goose Asks Why? (3 hours)	CCD1502	\$10.00	Page 19
Mother Goose Cares About the Early Years (4 hours)	CCD0105	\$10.00	Page 20
Nurturing Productive Partnerships with Parents (4 hours)	CCD1504	\$10.00	Page 20
Observation and Recording: It's Not Always Obvious (4 hours)	CCD1501	\$10.00	Page 21
Playground Safety (3 hours)	CCD0810	\$10.00	Page 21
Preventing Injuries in the Child Care Environment (4 hours)	CCD0809	\$10.00	Page 22
Reframing Discipline Part 1: From Stopping Misbehavior to Teaching Skills (4 hours)	CCD1515	\$10.00	Page 22

RENAMED**CCD0817****BUILDING BLOCKS FOR HEALTHY ACTIVE KIDS: NUTRITION AND PHYSICAL ACTIVITY**

(Formerly called: Food and Fitness in Virginia)

Length: 4 Hours – 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with preschool and school-age children

Overview

This course will give child care professionals an understanding of the importance of nutrition and physical activity in the development of children. Programs that support good nutrition and physical activity as part of the learning environment help produce healthy children. Healthy children grow and learn better.

Overweight children have become a major public health issue and the problem is growing – with children eating more, but exercising less. There are many health risks associated with children being overweight. Child care professionals play a crucial role in helping to reverse this trend and creating an environment that promotes nutritious foods and drinks, and physical activity.

Objectives

- Learn the basics of proper nutrition and physical activity for children.
- Learn how to prepare healthy snacks and drinks for children, based on USDA guidelines.
- Gain an understanding of how to incorporate more physical activity into child care programs.
- Explore strategies to promote positive attitudes and habits toward food among youth, including family-style meals, healthy portion sizes, and creative ways to deal with picky eaters.
- Discuss ways to work with parents to encourage good nutrition and physical activity for their children at home.

Dates and Locations

11/04	Abingdon	VISSTA Area Training Center 450 Commerce Drive
11/04	Roanoke	VISSTA Area Training Center 210 First Street SW, Suite 405
11/11	Henrico	VISSTA Area Training Center 1604 Santa Rosa Road, 2nd Floor
11/18	Dumfries	Hampton Inn 16959 Old Stage Road
12/02	Fairfax	Pennino Building 12011 Government Center Parkway
12/02	Chesapeake	Holiday Inn Chesapeake 725 Woodlake Drive

NEW**CCD1520****EVERY CHILD READY TO READ**

Length: Varies – See Individual Class Information Below
 Fee: \$10.00
 Target Audience: Varies – See Individual Class Information Below

Overview

Every Child Ready to Read will introduce child care professionals to the six pre-reading skills that every child must know in order to enter kindergarten ready to learn to read. Participants will learn age-appropriate ways to share books and other activities with young children to support the development of these six skills. Participants will expand their knowledge of quality children's books to use with young children. There are three distinct age levels covered in the training classes - birth to age two, 2 and 3 year olds, and 4 and 5 year olds. Not every class will cover all three age levels.

Please refer to the following list to find class details [for each location](#).

Dates and Locations

09/09 - Saturday	Warrenton	Fauquier County Public Library 11 Winchester Street Class will cover birth to age 2.
3 Hours		
9:30 p.m. to 12:30 p.m.		
09/12 - Wednesday	Annandale	Fairfax County Public Library/ George Mason Regional Library 7001 Little River Turnpike Class will cover birth to age 5.
2 Hours		
6:30 p.m. to 8:30 p.m.		
09/16 - Saturday	Lovettsville	Loudoun County Public Library/ Lovettsville Branch Library 12 N. Light Street Class will cover birth to age 2.
1½ Hours		
10:30 a.m. to 12:00 Noon		
09/16 - Saturday	Smithfield	Blackwater Regional Library/ Isle of Wight County Library 255 James Street Class will cover ages 4 and 5.
3 Hours		
10:00 a.m. to 1:00 p.m.		
09/16 - Saturday	Warrenton	Fauquier County Public Library 11 Winchester Street Class will cover ages 2 and 3.
3 Hours.		
9:30 a.m. to 12:30 p.m.		
09/23 - Saturday	Ashburn	Loudoun County Public Library/ Ashburn Branch Library 43316 Hay Road Class will cover birth to age 5.
3 Hours		
9:00 a.m. to 12:00 Noon		
09/23 - Saturday	Portsmouth	Portsmouth Public Library/ Main Library 601 Court Street Class will cover birth to age 2.
3 Hours		
10:00 a.m. to 1:00 p.m.		
09/28 - Thursday	Stafford	Central Rappahannock Regional Library/ Porter Branch 2001 Parkway Boulevard Class will cover ages 2 and 3.
2 Hours		
6:30 p.m. to 8:30 p.m.		
09/30 - Saturday	Portsmouth	Portsmouth Public Library/ Main Library 601 Court Street Class will cover ages 2 and 3.
3 Hours		
10:00 a.m. to 1:00 p.m.		
09/30 - Saturday	Hampton	Hampton Public Library 4207 Victoria Boulevard Class will cover ages 2 and 3.
2 Hours		
10:00 a.m. to 12:00 Noon		

CCD1400 **RENAMED**

EXPLORING BRAIN DEVELOPMENT PART I – EVERY TEACHER IS A BRAIN SURGEON **

(Formerly called: Exploring Brain Development Part I – Structure, Behavior, and Environment)

Length: 4 Hours - 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with preschool children

Overview

This course offers an introduction and overview of the human brain as it relates to child care and the ages and stages of development. The course will explore the function and physical make-up of the brain, examine the “Windows of Learning” associated with language acquisition, large/small motor skills, reading comprehension, social skills, and discuss the importance of nurturing for successful brain development.

Dates and Locations

09/16	Fredericksburg	Germanna Community College Fredericksburg Campus, Auditorium 10000 Germanna Point Drive
09/16	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
09/23	Henrico	J. Sargeant Reynolds Community College – North Run Campus, Room 125 1630 E. Parham Road
09/30	Dublin	New River Community College Edwards Hall, Room 117 5251 College Drive
09/30	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
10/07	Chester	John Tyler Community College Chester Campus – Moyer Hall, M201 A 13101 Jefferson Davis Highway
10/07	Lynchburg	Central Virginia Community College Merritt Hall, Room 5122 3506 Wards Road
10/07	Weyers Cave	Blue Ridge Community College Robert E. Plecker Workforce Center Room P126A One College Lane
10/28	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
10/28	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive

** This may be used as a component course for the VDSS Early Childhood Preschool Endorsement Program. See pages 14 – 15 for details.

CCD0815 FIT KIDZ II: PRESCHOOLERS ON THE MOVE

Length: 4 Hours - 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with preschool children

Overview

Children need exercise! Many children today lead sedentary lifestyles that can increase their risk for health problems. Guidelines from the National Association for Sport and Physical Education (NASPE) recommend that children be physically active for at least 60 minutes a day.

This course is a child development activities program designed to give child care professionals ideas for planning physical activities that can be incorporated into their programs. Stimulating, well-balanced, age-appropriate activities for children 3 - 5 will be included. This group of activities will produce a general warm-up and increase of blood flow to the major muscle groups. Mentally, it will help you to get children excited about participating in physical activities whether you're in a child day center or family day home setting.

Objectives

- Learn to foster in children a love of physical activity and play.
- Learn the importance and benefits of physical fitness in children's physical and social development.
- Learn how to produce a state of physical and mental readiness in young children.
- Learn over 40 different age-appropriate activities to be used with children ages 3 through 5.
- Learn how activities can help improve fitness levels, reduce obesity and promote cooperative play among children.
- Learn how to plan and record the progress made by children throughout the year.

Dates and Locations

09/16	Abingdon	VISSTA Area Training Center 450 Commerce Drive
09/30	Henrico	VISSTA Area Training Center 1604 Santa Rosa Road, 2nd Floor
10/07	Fairfax	Pennino Building 12011 Government Center Parkway
10/14	Hampton	Clarion Hotel 1809 West Mercury Boulevard
10/21	Roanoke	VISSTA Area Training Center 210 First Street SW, Suite 405
10/28	Norfolk	Residence Inn, Marriott 1590 North Military Highway

CCD1405 HOW CHILDREN LEARN

Length: 3 Hours - 9:00 a.m. to 12:00 Noon
 Fee: \$10.00
 Target Audience: Providers who work with children ages 3 - 7

Overview

Did you ever think about the way you learn a new skill? Do adults learn the same way as children do? Can you plan activities that will help children learn? This course is designed to help providers discover how children learn and understand the activities that encourage learning to take place. Participants will learn how to develop and implement inexpensive and age-appropriate activities for their preschool and early primary classrooms. In this hands-on course, child care professionals will become more knowledgeable about their own learning styles.

Objectives

- Understand the different learning styles (auditory, visual, and kinesthetic) and how to develop and implement activities that will address each of these styles.
- Understand Piaget's theory of cognitive development by participating in activities and using free and inexpensive resources.
- Develop and plan lessons based on the cognitive stage of the children in your classroom.

Dates and Locations

09/30	Fredericksburg	Wingate Inn 20 Sanford Drive
10/14	Chesapeake	Holiday Inn Chesapeake 725 Woodlake Drive
11/04	Henrico	VISSTA Area Training Center 1604 Santa Rosa Road, 2nd Floor

CCD1502 MOTHER GOOSE ASKS WHY?

Length: 3 Hours – 9:00 a.m. to 12:00 Noon
 Fee: \$10.00
 Target Audience: Providers who work with children ages 4 and 5

Overview

This program will introduce child care professionals to books and activities for children ages 4 and 5 that explore science concepts such as sink and float and how a seed grows. Each participant will receive a bag of books and a training manual. **Participants may sign-up for one or both sessions; content will be different for each session.**

Objectives

- Gain a new approach to science and reading activities.
- Learn new hands-on science activities for use with children.
- Learn how to make stories and simple science exciting for young children.
- Learn how to use everyday materials and experiences for teaching science.
- Learn to use an interdisciplinary approach to reading, science and more.

Dates and Locations

10/07	Norge/ Williamsburg	Regional Library/ James City County Location 7770 Croaker Road
11/04	Norge/ Williamsburg	Regional Library/ James City County Location 7770 Croaker Road

CCD0105 MOTHER GOOSE CARES ABOUT THE EARLY YEARS

Length: 4 Hours - 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with infants and toddlers

Overview

This course will prepare participants to use picture books in many different areas of work with infants and toddlers. Developmentally-appropriate and stimulating activities, designed to help build literacy and language skills, will be included. The class is divided into sections such as I Can Do It: Developing Autonomy, Self-Help and Self-Esteem and; I Need You: Trust, Emotional Development, Attachment, Separation, and Social Development.

Objectives

- Learn how to use picture books in working with infants and toddlers.
- Learn many developmentally-appropriate and stimulating activities for infants and toddlers.
- Learn how to use teaching methods and activities that contribute to literacy and language development.
- Gain skills to enhance their knowledge of infant and toddler development in their daily practice.
- Discover a variety of experiences for children, and understand that growth in one area leads to growth and development in another.

Date and Location

10/07 Virginia Beach Virginia Beach Public Library/
 Ocean Front Area Library
 700 Virginia Beach Boulevard

CCD1504 NURTURING PRODUCTIVE PARTNERSHIPS WITH PARENTS**

Length: 4 Hours – 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with children of all ages**

Overview

This course is designed to enhance the early childhood professional's skills and ability to establish positive, productive partnerships with parents. The course will identify the principles of effective communication with parents and discuss techniques and strategies for dealing with difficult parent-teacher situations. This course includes hands-on activities, community learning group discussions, a video, and a lecture.

Dates and Locations

10/14	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
10/21	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
11/04	Henrico	J. Sargeant Reynolds Community College – North Run Campus, Room 125 1630 E. Parham Road
11/11	Lynchburg	Central Virginia Community College Merritt Hall, Room 5122 3506 Wards Road
11/11	Weyers Cave	Blue Ridge Community College Robert E. Plecker Workforce Center Room P126A One College Lane
11/18	Fredericksburg	Germanna Community College Fredericksburg Campus, Auditorium 10000 Germanna Point Drive
11/18	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
12/02	Dublin	New River Community College Edwards Hall, Room 117 5251 College Drive
12/02	Chester	John Tyler Community College Chester Campus Moyar Hall, M201 A 13101 Jefferson Davis Highway
12/02	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive

** This may be used as a component course for the VDSS Early Childhood
 Preschool Endorsement Program. See pages 14 – 15 for details.

CCD1501 OBSERVATION AND RECORDING: IT'S NOT ALWAYS OBVIOUS**

Length: 4 Hours – 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with children of all ages**

Overview

Learning the fine art of observation and recording of children's behavior allows the child care professional to gain a greater understanding of the children in her/his care to enhance curriculum, plan and adapt the classroom or home environment, provide staff and parents with insight into each child's interests, develop children's social skills, and manage challenging behaviors. Methods of observation and the pros and cons of various types of recording tools will be discussed. The course will assist professionals in incorporating the skill of accurately and objectively observing and recording children's behavior in various settings.

Dates and Locations

10/07	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
10/14	Henrico	J. Sargeant Reynolds Community College – North Run Campus, Room 125 1630 E. Parham Road
10/14	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
10/28	Lynchburg	Central Virginia Community College Merritt Hall, Room 5122 3506 Wards Road
10/28	Weyers Cave	Blue Ridge Community College Robert E. Plecker Workforce Center Room P126A, One College Lane
11/04	Chester	John Tyler Community College Chester Campus, Moyer Hall, M201 A 13101 Jefferson Davis Highway
11/11	Fredericksburg	Germanna Community College Fredericksburg Campus, Auditorium 10000 Germanna Point Drive
11/11	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
11/18	Dublin	New River Community College Edwards Hall, Room 117 5251 College Drive
11/18	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive

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CCD0810 PLAYGROUND SAFETY

Length: 3 Hours – 9:00 a.m. to 12:00 Noon
 Fee: \$10.00
 Target Audience: Providers who work with children of all ages

Overview

This course will raise awareness about the many issues related to making and keeping playgrounds safe for children including supervising children, choosing age-appropriate equipment, ensuring safe surfacing, understanding proper layout of equipment, maintaining the playground, and identifying and resolving playground hazards. Information that is required by the *Standards for Licensed Child Day Centers* and the *Minimum Standards for Licensed Family Day Homes* on playground safety will be included.

Objectives

- Describe the leading causes of playground injuries and deaths.
- List and describe the components of a SAFE playground.
- Explain the components of active supervision.
- Describe how age-appropriate playground equipment can help reduce injuries.
- Explain safe surfacing and describe the importance of a proper use zone.
- Evaluate the playground for potential hazards.
- Name at least two reasons why proper maintenance of the playground is so important.
- Identify steps to take in purchasing new playground equipment and surfacing.
- Identify important components of a written playground safety procedure.
- Apply principles of playground safety to realistic situations/ environments.

Dates and Locations

09/30	Roanoke	VISSTA Area Training Center 210 First Street SW, Suite 405
10/21	Abingdon	VISSTA Area Training Center 450 Commerce Drive
10/28	Manassas	Hampton Inn 7295 Williamson Boulevard
11/04	Henrico	VISSTA Area Training Center 1604 Santa Rosa Road, 2nd Floor
11/18	Fairfax	Pennino Building 12011 Government Center Parkway
12/02	Hampton	Clarion Hotel 1809 West Mercury Boulevard

CCD0809 PREVENTING INJURIES IN THE CHILD CARE ENVIRONMENT**

Length: 4 Hours – 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with children of all ages**

Overview

This course will raise awareness about keeping the child care environment safe for children, including preventing falls, burns, choking, suffocation, strangulation and injuries related to products, toys, furniture, water, transportation and pedestrian injuries; and ensuring active supervision. Information that is required by the *Standards for Licensed Child Day Centers* and the *Minimum Standards for Licensed Family Day Homes* on safety and injury prevention in the child care environment will be included.

Dates and Locations

9/16	Chester	John Tyler Community College Chester Campus Bird Hall, Room 116 13101 Jefferson Davis Highway
9/16	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
10/07	Dublin	New River Community College Edwards Hall, Room 117 5251 College Drive
10/21	Henrico	J. Sargeant Reynolds Community College – North Run Campus, Room 125 1630 E. Parham Road
10/21	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
10/21	Weyers Cave	Blue Ridge Community College Robert E. Plecker Workforce Center Room P126A One College Lane
10/28	Fredericksburg	Germanna Community College Fredericksburg Campus, Auditorium 10000 Germanna Point Drive
11/11	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
12/02	Lynchburg	Central Virginia Community College Merritt Hall, Room 5122 3506 Wards Road
12/02	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent

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Preschool Endorsement Program. See pages 14 – 15 for details.

CCD1515 REFRAMING DISCIPLINE PART I: FROM STOPPING MISBEHAVIOR TO TEACHING SKILLS**

Length: 4 Hours – 9:00 a.m. to 1:00 p.m.
 Fee: \$10.00
 Target Audience: Providers who work with children ages 2 – 8
years**

Overview

This course suggests ways that adults can connect with children who have behavior challenges to help them engage, learn and get along with others. Participants will learn how to examine their own attitudes related to discipline and change the way they deal with children from a reactive mode to a teaching mode so that the children can learn more appropriate behaviors. The course will provide adult with the skills necessary to move from seeing a "problem child" to seeing "problem behavior".

Dates and Locations

09/30	Henrico	J. Sargeant Reynolds Community College – North Run Campus, Room 125 1630 E. Parham Road
09/30	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
10/07	Fredericksburg	Germanna Community College Fredericksburg Campus, Auditorium 10000 Germanna Point Drive
10/07	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent
10/14	Lynchburg	Central Virginia Community College Merritt Hall, Room 5122 3506 Wards Road
10/14	Weyers Cave	Blue Ridge Community College Robert E. Plecker Workforce Center Room P126A One College Lane
10/21	Chester	John Tyler Community College Chester Campus Moyer Hall, M201 A 13101 Jefferson Davis Highway
10/21	Dublin	New River Community College Edwards Hall, Room 117 5251 College Drive
11/04	Springfield	NOVA Community College Medical Education Campus, Room 256 6699 Springfield Center Drive
11/04	Virginia Beach	Tidewater Community College Virginia Beach Campus Blackwater Building, Room C140 1700 College Crescent

** This may be used as a component course for the VDSS Early Childhood
Preschool Endorsement Program. See pages 14 – 15 for details.